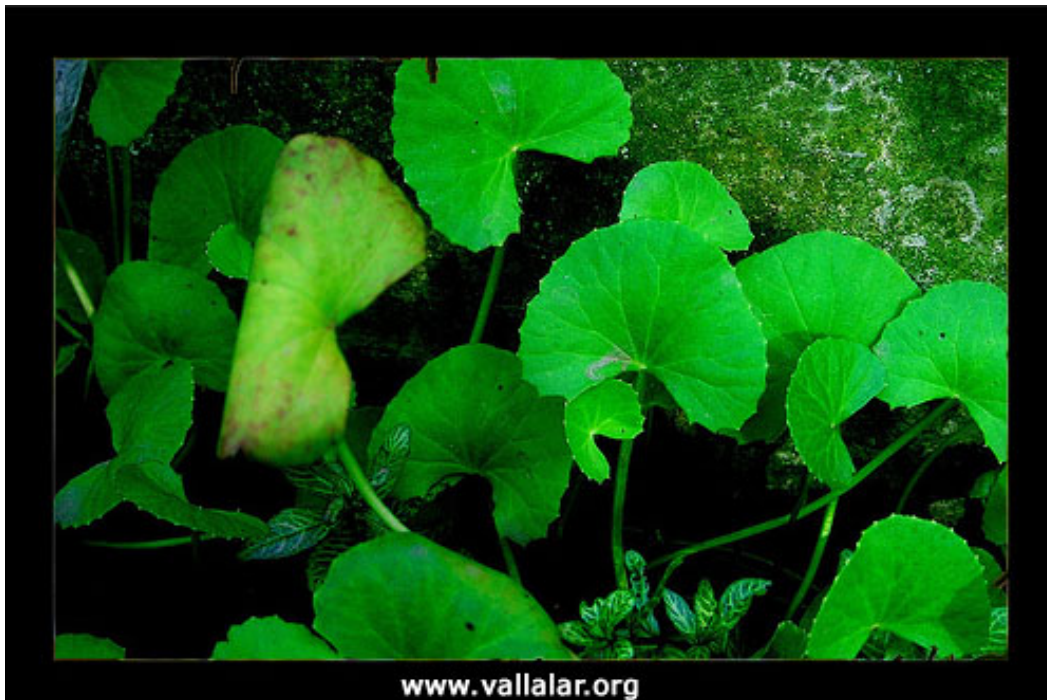


FIVE HERBS RECOMMENDED FOR LONGEVITY AND TO HELP TRANSFORMATION



These herbs can be taken as a complement diet. I recommend one teaspoon in the morning and evening mixed with honey. The honey will give more power and life to the herb. As you mix the two, chant Arut Perum Jothi mantra and ask the Divine ambrosia to be manifest in the medicine.

Vallarai



Centrella asiatica, apiaceae, leaf with potent power in a shape of the brain.

Neutralise the deficiencies of :

Lessens tiredness, takes away all sorts of skin problem, reinforces the immunity, cure leprosy, kidneys inflammation, diminishes swelling, blood tumor, purifies the body through sweat.

Balance vata (gas), khapa (phlegm).

Perfects and develops :

The physical body:

Reinforces the brain, develops the power of memory, reinforces the nerves, augments the body calories, and makes the sperms dense.

The mental emotional body:

Calms the mind, depression, reduces sexual desire.

The spiritual body:

Helps to transform the sexual energies towards spirituality, rejuvenates the cells in light and life, augments the power of kundalini and open the channels, develops clarity of mind and intuition, helps for long meditation

Thoothulai



Solanum trilobatum, solanaceae : The leaf which purifies the pores..

Neutralise the deficiencies of :

Takes away all phlegm and mucus, purifies blood, calms hyper sensibility, takes

away pain, regularizes nervous agitation and anxiety, takes away the beginning

symptoms of cancer, typhoid; fever, trembling fever, asthma, neutralizes vata and

kapha.

Perfects and develops:

The physical body:

Develops the tissues, straightens body and mind, gives sexual power, purifies

through the elimination of excrement, straightens the heart, gives a nice face.

The mental emotional body:

Gives contentment and joy, develops listening capacities, develops the intelligence and controls anger.

The spiritual body:

Gives a shining and attractive face, increases the perception of the five senses

and spiritual discernment, opens the chakras, brings good meditation, helps to rise the

seven veils, increases spiritual studies, increases the knowledge of the higher self.

Puliyarai



Oxaliscorniculata, oxalidaceae; leaves with an acid taste.

Neutralise the deficiencies of :

Pitta or bile, removes all deficiencies, reduces all heat and type of poison, toxin,

reduces weight , removes allergy from food and gives good taste and appetite, cures

jaundice, increases blood, removes anemia, giardia a , blood in the excrement, controls

over bleeding menstruation, reduces high blood pressure , reduces mind confusion ,

cools the body and calms the mind , cures heart attack, gives good breath.

Perfects and develops:

The physical body:

Strengthens the body, neutralizes the heat coming from muladara chakra ,

develops the sense, bring rejuvenation and reduces grey hair.

The mental, emotional body:

Gives power of speech, strengthens the mind.

The spiritual body:

Strengthens the subtle bodies; helps the secretion of all types of ambrosia.

Potralai



eclipta alba, eclipta procena ; golden flower.

Neutralize the deficiencies:

Of all kinds of diseases, purifies blood, controls cholesterol, removes bile and

phlegm, removes weakness of the body and debility of the mind , diabetes , neutralizes

vata , pita , khapa, cures liver disease, jaundice with the body which swells.

Perfects and develops :

The physical body:

Transformation towards golden body,

The mental emotional body:

Increases mental light power, peacefulness, builds up spiritual heat to help

control excessive anger and sexual energies.

The spiritual body:

Increase soul light power

Peayan



plantain root, the perfect kaya kalpa , high growing, the divine tree of suddha sanmarga.

Neutralize the deficiencies of :

All deficiencies, peayan has no limit in its effect, cures the most affected psychic

trouble, the juice of the root clears passage of the esophagi, dissolves kidneys stone; its

flower regulates semen and white discharge , good for making red oxide, removes all

kinds of poison (venom, radiation, ...) , small pox ...

Perfects and develops:

The physical body:

Develops physical attraction, augments digestion and purgation, and regulates

the prana, constructive power.

The mental emotional body:

Softens the mind and excess stimulation, motherly aspect: loveliness, liveliness.

The spiritual body:

Contains ozone power, ambrosial effect, open chakras, good intelligence and creative power, some grace light in itself, connected to Rudra heart center, controls

causal heat. Protects from all evils. It is

Ponnaam kani

alternanthera sessilis; Let you see the body as gold.

Neutralize the deficiencies of:

All kinds of eye disease, body and stomach pain, all impure heat coming from

hatha yoga, purgative, digestion, inflation and itching of the skin, fire burns, blood

going through urine, menstrual pain, removes toxins from deep tissues and nerves

Perfects and develops:

The physical body :

Gives golden color body, brings worldly mundane prosperity.

The mental emotional body:

Motherly kindness, gentleness.

The spiritual body:

Body transformation,

In all the temples, ashrams, in India we have Aarti, the offering to the Light, the Guru, and the divinities. In Suddha Sanmarga this chant is universal; it is directed toward the light Jothi which takes forms.

ARUT PERUM JOTHI, ARUT PERUM JOTHI,
THANIP PERUNG KARUNAI ARUT PERUM JOTHI
JOTHI JOTHI JOTHI SUYAM, JOTHI JOTHI JOTHI PARAM
JOTHI JOTHI JOTHI ARUL, JOTHI JOTHI JOTHI SIVAM
VAMA JOTHI, SOMA JOTHI, VANA JOTHI, GNANA JOTHI
MAGA JOTHI, YOGA JOTHI, VADHA JOTHI, NADHA JOTHI
EAMA JOTHI, VIYOMA JOTHI, EARU JOTHI, VEERU JOTHI
EAGA JOTHI, EAGA JOTHI, EAGA JOTHI, EAGA JOTHI
AATHI NEEDHI VEDHANE
AADAL NEEDU PAATHANE
VAADHI GNANA BADHANE
VAZHGA VAZHGA NADHANE
ARUT PERUN JOTHI : Vast Grace Light.
ARUT PERUN JOTHI : Vast Grace Light.
THANIP PERUMG KARUNAI : Supreme compassion.
ARUT PERUN JOTHI : Vast Grace Light.

Jothi which is the root of all forms is suyam that is "one which is not been produced but formed by itself."

The same *jothi* is in the state of *param*" that is the root and the cause for everything in the universe".

Jothi is *aru*"one which is in the form of absolute compassion".

Jothi is also *sivam*"one which is inside every atom, inseparable".

Vama jothi , *jothi* as the form of the sun.

Soma jothi , *jothi* as the form of the moon.

Vana jothi , *jothi* as in the form of immeasurable ether or space.

Gnana jothi , *jothi* as in the knowledge of the space.

Maga jothi , *jothi* as in the potential atom of the soul.

Yoga jothi , *jothi* as in the manifestation of the soul.

Vadha jothi , *jothi* as in the action, the driving force of the soul.

ABOUT THE EYEBROW CENTRE

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Fix your attention to the eyebrow centre with awareness, open it, see the light and get delighted.

This is the mean of salvation; the last dance is coming from there.

From this place you get the inner ambrosia, all the Shitsabai or the Golden Sphere of Light comes to your possession.

Because I'm in possession of the Golden Sphere of Light, all the Devas and others speak about my glory.

No more illness is coming to me, all miseries is gone;

At this moment the last rule of Grace is offered to me; all the Vedas and Agamas are speaking well about me.

Now in this cheating and unaware world, all my miseries from birth are gone: no more pain is available for me because the boat of Grace as been given to me.

In this boat of Grace, I got ascended and seated, sealing troughs that I come to a small chamber. In the centre of the Effulgent chamber there is a platform, a decorated Divine Gem.

Having the vision of this true wisdom I'm delighted.

Above the seven golden mountain a Divine pillar is appearing, and above it the last hole from Grace, ascending there their is so many vision revealed to me with so many colours: ruby, red, golden white , multicolour, emerald, pearl, coral so many transformation, it is beyond expression , only my Divine father witness it all.

Prosper Rishis, the Divine country of all delight where reside the trans-state; I see the

home of the last gem set where the Lord is doing is Divine dance.

If you see this with unconscious awakens you will be awakened to consciousness and you will clap your hands as a symbol.

Upon the mountain of light it is beyond limitation, upon the trans- state you will chant in a natural way the Suddha Sanmarga poems.

When the Lord arrived all the dead comes back to life, this is a new type of enlightenment, not know before.

I got the realisation of the shrine of Chidambaram, the Golden Sphere of Light, in consequence Siddhas and other height souls speak good about me, and all the miseries of this birth is gone.

Those who speak of good things and about God's Grace will get good fame and name; they will never loose their currencies.

Receiving Grace and speaking about the Lords glory will give you an eternal blissful life.

WHAT ARE THE THREE BODIES' VEHICLES OF IMMORTALITY?

In the path of Suddha Sanmargam the three bodies are: *suddha deham, pranava deham* and *gnana deham*.

- *Suddha deham* is the **pure physical body** which becomes golden white "every cells realize **the compassionate love body**". As soon as the physical, mental, emotional and spiritual bodies are far from impure illusions the supra consciousness forces are realized, they are called karma shiddhis. For Vallalar these shiddhis can only be reached when we attain Suddha deham.

The realization of Suddha deham is the first step of sadhana, which is to make the body pure, so He can become a fit Divine instrument. Most people think that the body is not important on a spiritual journey, this is a wrong idea. All the suffering a Being can experience goes through the physical body. If the body is not made pure the suffering will continue. How can we speak about God and having a spiritual life when we are not able to respect our own body? The body is God Himself, each cell contain God's Light and memory! We create so many stressful situations, eat meat and non natural food, drink, smoke, stimulate ourselves with diverse drugs, all this create degradation to the body. At first we must change our habits toward a healthy life style, with good vegetarian diet, proper exercise, right thinking and proper actions.

-*Pranava deham* is the development of the Divine Godhead "in **the subtle body** we realize the **Grace body**" in diverse traditions we can find the golden sphere presence which surround the head of a Saint. Vallalar says that the psychic head is made of a very refined brain, this brain is called Omkara brain, the other brain which is more ordinary is called Ankara. It is the body of Light made of pure bliss and joy. This body is located above the head. Pranava deham is called the Grace body, because Grace is pure bliss, joy and compassionate love.

The development of Omkara acts as a direct receptive station with the cosmic consciousness.

This station passes on the messages to the more gross brain. This type of development is only possible when the vital "the lower being" is not any more the master and that the mental is able to maintain certain purity. Letting the Divine consciousness enter in the brain, this one develop itself more and more. Each cell receives this message then the transformation is taking place. At this time it is possible to go beyond the diverse veils of maya.

This prosperous and expansive body is also called Omkara body. The development of this body allows you to go beyond the established gross principles of nature. The subtle body starts to grow to the size of a golden mountain, the physical body transforms itself into the body of a five to eight years old child, the sixty four shiddhis become on the control of the yogi. This body can't be perceived by the touch and the sight.

Nb: Vallalar's wooden sandals are the size of a child foot. He had to put the white cloth over him so we could see his body' shape. All the photos which were taken of him didn't show his presence.

It is possible to experiment the Pranava Deham body by doing Ambalam Kryia

yoga technique, in this body you experiment great joy, bliss and compassionate love. It will appear at first that there is a duality between the physical body and the Grace body. Slowly as the physical body becomes more pure the duality diminishes. When Vallalar speak about the realization of the Pranava Deham body, he mean that this Grace body is fully integrated into the physical body.

- *Gnana deham* is the transformation of the pranava body into a gnostic body "in the **causal body** we realize the body of the One, the light beyond light, the form beyond form. " With the third eye function and this development, the body eliminates all sorts of impurities and become almost invisible. Such a body appears like a fire ball or a fire pillar. With the practice of Jeava Karunai, the practice of absolute compassion, this body receives Grace. This Grace allows him to obtain the same powers and qualities of God. As the physical matter as become pure Grace Light, there is no more limitation coming from the physical matter.

WHAT IS SUDDHA SANMARGAM?

Suddha Sanmargam is the pure brotherhood and goodness path which brings to absolute felicity and compassion manifested in this world.

On these days, Suddha Sanmargam teaching is the one which is the most adapted to our living style and time.

How can we practice it in our daily life?

It is the opening of the heart through the *service* for others and the *knowledge*. It is the path of compassion, it does not require an intense sadhana isolated from the world, but an active life in the world of matter which is full of Universal Love, Light, Truth, Joy, Compassion for all life and a brotherhood life.

The transformation of the Being is into the matter. We live in the matter expressing full bliss and absolute compassion.

Vallalar is giving the following explanation about the true brotherhood society of the pure path of goodness and harmony, *Samarasa Suddha Sanmargam Sathya sangam* : *Understand that it is the society of the persons who follows the four margams which are the essence of the teaching of the book of universal wisdom Thiruarutpa, designated to be the adept of all religions.*

Vallalar has established ten rules inside Suddha Sanmargam :

1. There is one and unique God.
2. We address to Him and He has represented under His original form of Light and true Love.
3. We do not address to any other type of divinity.
4. We do not do any animal or other form of sacrifices.
5. We have a vegetarian diet.
6. We practice the equality of caste, Sex and other.
7. We consider that all life is equal in the eyes of God. All life must be seen as ours.
8. Taking away hunger from the poor which is the key to paradise.
9. Dead must not be burnt but buried.
10. All superstitions and other beliefs must be abolished.

WHAT ARE THE FOUR MARGAMS?

Sanmargam is composed from the four arts or discipline:

1. **SARIYAI** : The art of divine service in daily life.
2. **KIRIYAI** : The art to perform Divine devotion or prayer, feeding the poor who have nothing is another form of action.
3. **YOGAM** : The art of the truth path of communication or yoga is to live in a good and excellent way.
4. **GNAANAM** : The art of the true path of wisdom is to live absolute felicity while anchoring into the inner light with the Divine grace presence , this is true knowledge in the presence of Divine Grace

Then it is important that to arrive at the level of Suddha Sanmargam it is necessary to pass 12 levels of experiences which include the first three levels of experience described below. These three levels are each time associated to the four arts described above, 3 times 4 equal 12. The result is to attain the 4th level Saayuchiyam, the integrate union with God.

The four levels of experience:

1. **SAALOKAM** : Live in God's world.
2. **SAAMIPAM** : Live near God.
3. **SAARUPAM** : Live in the self consciousness that we are the same as God.
4. **SAAYUCHIYAM** : Reach the united union and the Unity with God.

The united union refers to the inner divinity realization: Saarupam.

This union must not be associated with the outer world: Saayuchiyam the believe in the Divine Godhead or a higher force which induces the decent of Grace, anchor in the physical body.

We have the four levels of experience that are combining with the four Margams.

The four Margams are :

1. Dhaasamargam.
2. Satputhramargam.
3. Sahamargam.
4. Sanmargam.

We can compare the meaning of the four Margams In the Indian tradition:

1. Become the servant of God.
2. Become the son of God.
3. Become the friend of God.
4. Become God Himself.

Vallalar gives this meaning to the four Margams :

1. Become the servant of all living creatures.
2. Become the son of all living creatures.
3. Consider all living creatures as your friends and same for the opposite.
4. Consider the life of all creatures as your life.

In each Margam we have the four arts, 4 times 4 equal 16 types of experiences or levels of evolution.

For example in Sanmargam we have the art of Sariya, Kriya, Yogam and Gnaanam. It is the same for the other three Margams.

WHAT IS AMBALAM YOGA?

Grace Light Healing yoga or Ambalam yoga is the path of union with the Vast Grace Light, a path of joy, love, compassion and felicity. It is a means to arrived at the expression and understanding of Suddha Sanmargam.

This yoga is made possible with the help of the divers Messengers of Grace Light coming from the past, present and future.

Those Messengers of Grace Light are Rishis, Siddhas, Saint and Yogis who have devote themselves to the One, God manifested as absolute Grace Light, compassion and felicity. They have freed themselves from all mandalas, so they could manifest they own Divine potential, Oneness.

Ambalam yoga is not a new institution but a means to form yogis, messengers of Grace Light.

This path is possible for any one which as the right motivation to grow and change in the Divine presence.

Dhaya will guide you with the help of The Vast Grace Light and they Messengers to become a free independent Being who is able to manifest his Divine potential, perpetuating the new Yogic tradition in the same spirit that the Rishis, Siddhas and Saints have done it before the downfall.

In those times the transmission was One to One, teacher to student. In this contest it is important to understand that it is not a relation Guru to disciple but teacher to student based on Universal Humanhood.

In this purity and respect the transmission will continue.

Ambalam yoga Teach you :

To transform and heal ourselves trough **yoga**

The science of Kaya Kalpa or **longevity**

To realize your **primordial state**

To manifest your **divine Godhead**

To allow the **descent of the Grace Light** into the physical body

To manifest your **Divine potential powers**, siddhis.

To become a **servant of God**

It allows you to open yourself to receive Divine Grace who is a medicine in itself. It brings you to express the service for others, the comfortable joy, the peace, the truth and an abundant life.

Sharing with the Vast Grace Light go beyond dogmas, religions and philosophies. It brings each individual responsible for himself. It gives you the tools which allow you to evolve towards your Divine manifestation and life goal.

It is a path which integrates the holistic Being in its physical, mental, emotional and spiritual manifestation. A path which brings longevity and immortality. It's obtained by the practice of four arts and the four Margams. To succeed in this, we can practice Grace Light Healing Yoga which is composed of the following tools:

Meditation

Is the means which allows you to listen to God and to receive His messages and Grace.

Prayer

Is the means to communicate with the diverse parts of our being and God.

Contemplation

Is the natural state where nothing is forced or created, we are in the divine presence which manifests itself.

Chants and sounds

They establish an inner alchemy which takes us in diverse dimensions. They have therapeutic powers. They are the expression of our Divinity and beyond.

Positions and rejuvenating exercises

Are positions and exercises harmonizing vata, pita, kapha which help to maintain a healthy body, a mental emotional and physical balance. The body is our temple; the positions and the rejuvenating exercises maintain one in a good health and bring longevity.

Sacred movements, dance

They unify our diverse faculties, physical, mental, emotional and spiritual. In this unity we express our Divinity.

Cellular transformation

Is a conscious approach which allows a cellular transformation and a change in the divers program we have.

Sacred geometry

This is the science of the form, composing life. Sacred geometry is the language of the light.

Uses of herbals and kaya kalpa for longevity and good health.

Vallalar and the Siddhas recommend the use of herbals and kaya kalpa. Kaya palpa in the first place as the action to heal all deficiencies and bring the body to a balance of vata, pita, kapha. In a second phase this brings transformation to the being towards immortality developing one's capacities.

Healing and therapy

Every step of life brings periods of illness. Illness comes to make us understand what we refuse to see. Illness can also manifest like a purification following a cellular transformation. Some healing methods are needed; so that we can keep going on the path with less suffering .They accelerate the process of divine transformation.

Service without self interest

This is to develop love and compassion.

Vegetarian diet

This takes us to develop compassion towards all life, so that we get closer to our Divinity. This brings us better health.

Contact with nature

This connects us to the five elements which compose our body. This brings us to develop listening capacities. This helps us to establish connection with the Mother earth, the manifestation of the goddess in

(Mandhiram)

**ArutperunJothi ArutperunJothi
ThaniperunKarunai ArutperunJothi**